

ABSTRACT

Our invention provides a new concept for massage, acupressure, and intervertebral or intersegmental extension of the spine. The device is simple but the method of using the device is a new application for a roller invention. Most back-massage devices and spinal alignment devices apply pressure perpendicular to the spine and on both sides of the spine, and some include a groove to accommodate the spine itself. Many acupressure devices are simply single-point-of-contact devices. In contrast, our invention applies pressure parallel and adjacent to the spine and along the length of the device, thereby applying concurrent pressure to several vertebrae; is used with a rocking motion in a single axis over the length of the device with the device used as a fulcrum; is padded to limit damage to the spinous processes and to increase comfort during use; and requires the user to relax somewhat while giving themselves a back massage, which provides additional benefits and safety during the invention's use. In addition, each Rollover is sold with a set of copyrighted 2003 instructions; can be used in a variety of locations; is inexpensive; is truly portable; and can be used in a cooperative effort between healthcare professionals and individual users.

This replacement specification contains no new matter.



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